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October 30, 1998

Office of Special Nutritionals
HFS-450 Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
200 C St.SW
Washington DC 20204

Statement of Nutritional Support- **FLAXSEED OIL**
Pursuant to 21 CFR Part 101.93, American Specialty Health & Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as:**FLAXSEED OIL**

1) Name and Address of Distributor: ASHW 8989 Rio San Diego Dr.
Ste. 250, San Diego CA 92108

2) Text of Nutritional Support Statement being Made:
"The omega-3 fatty acid present in flaxseed oil helps support a healthy blood cholesterol level. Flaxseed and its oil are often used to support a healthy digestive system."

3) Name of dietary ingredient(s): See Attached Product Label

4) Brand Name: **FLAXSEED OIL**

5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Vice President.

Yours truly,

A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz
Vice President

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Flaxseed Oil

Description:

The oil of the flaxseed, also known as linseed oil, is composed primarily of healthier unsaturated fatty acids. The omega-3 fatty acid present in flaxseed oil helps to support a healthy blood cholesterol level. Flaxseed and its oil is also often used to support a healthy digestive system.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

Directions For Use: Take 1 capsule per day.

Storage: Keep tightly closed in a cool, dry place.

Caution/Warning: As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician. Not for use in cases of bowel obstruction.

Note: This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™
PO BOX 509040, SAN DIEGO, CA 92150-9040

FLAXSEED OIL

DIETARY SUPPLEMENT

60 CAPSULES

Premium Products for Your Health & Wellness™

Supplement Facts

Serving Size: 1 Capsule – Servings Per Container: 60

	Amount Per Serving:	% Daily Value
Flaxseed oil (Linum usitatissimum seed, 25% alpha-linolenic acid)	1,000mg	*

Other Ingredients: Gelatin.

*Daily Value not established

Flaxseed Oil is free of wheat, corn, dairy, sucrose, starch, salt and yeast.